



ADAPTIVE SWIM LESSONS

SWIMMING WITHOUT LIMITS



- Adaptive one-on-one swim lessons.
- Emphasis on increased flexibility, balance, range of motion, muscle tone/coordination and general social skills.
- Classes focus on water safety, water adjustment and stroke development.
- Teaching basic survival skills, independent flotation, breath control, kicking, paddling, front & back crawl, jumping & diving.
- Lessons are designed for children 3 and up with cognitive or physical disabilities.

*Due to lessons already being discounted they do not qualify for financial aid

Packages:
1 Lesson- \$30
4 Lessons- \$95
10 Lessons- \$220
PLUS 40% DISCOUNT

DOWNTOWN FAMILY YMCA
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For Questions or Registration
Contact Cassie Singleton at
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